

Client Information

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|----------------------------|--------------------|
| <i>Client Name</i> | Demo Client |
| <i>Date of birth (age)</i> | 16 April 1990 (30) |

Assessment Information

| | |
|--------------------------|------------------------------------|
| <i>Assessment</i> | Appearance Anxiety Inventory (AAI) |
| <i>Date administered</i> | 5 October 2020 |
| <i>Assessor</i> | Mr Demo Account |
| <i>Time taken</i> | 0 minutes 24 seconds |

Results

| | Score | Average | BDD Percentile | Normative Percentile |
|--------------------------|-------|---------|----------------|----------------------|
| Total AAI (0-40) | 20 | 2 | 19.7 | 70 |
| Avoidance (0-24) | 12 | 2 | - | - |
| Threat Monitoring (0-16) | 8 | 2 | - | - |

Scoring and Interpretation Information

Scores consist of a total raw score derived by summing each item as well as two subscales.

- Avoidance (items 1, 3, 4, 7, 9 and 10)
- Threat Monitoring (items 2, 4, 6 and 8)

Two percentiles are presented to indicate how AAI scores compare to a body dysmorphic disorder group and a community sample. A BDD percentile of 50 indicates average symptoms for someone with a BDD diagnosis before treatment, while the community percentile represents scores in comparison to a normal population.

Veale et al. (2014) did not define a cut-off score for BDD diagnosis but Mastro et al. (2016) suggested a cutoff score of 20 as being indicative of high risk of clinical problems.

Client Responses

| | | Not at all | A little | Often | A lot | All the time |
|---|---|------------|----------|-------|-------|--------------|
| 1 | I compare aspects of my appearance to others | 0 | 1 | 2 | 3 | 4 |
| 2 | I check my appearance (e.g. in mirrors, by touching with my fingers, or by taking photos of myself) | 0 | 1 | 2 | 3 | 4 |
| 3 | I avoid situations or people because of my appearance | 0 | 1 | 2 | 3 | 4 |

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Client Responses (cont.)

| | | Not at all | A little | Often | A lot | All the time |
|----|--|------------|----------|-------|-------|--------------|
| 4 | I brood about past events or reasons to explain why I look the way I do | 0 | 1 | 2 | 3 | 4 |
| 5 | I THINK about how to camouflage or alter my appearance | 0 | 1 | 2 | 3 | 4 |
| 6 | I am focussed on how I feel I look, rather than on my surroundings | 0 | 1 | 2 | 3 | 4 |
| 7 | I avoid reflective surfaces, photos, or videos of myself | 0 | 1 | 2 | 3 | 4 |
| 8 | I discuss my appearance with others or question them about it | 0 | 1 | 2 | 3 | 4 |
| 9 | I try to camouflage or alter aspects of my appearance | 0 | 1 | 2 | 3 | 4 |
| 10 | I try to prevent people from seeing aspects of my appearance within particular situations (e.g., by changing my posture, avoiding bright lights) | 0 | 1 | 2 | 3 | 4 |